

QUEBEC
WHEN THE SHOOTER ENTERED THE MOSQUE
Eyewitness accounts, **metroNEWS**





Halifax getting a C+ for climate change. We should do better
Tristan Cleveland
metroVIEWS

Halifax metro



EMERGENCY DEBATE
Lift 'artificial, arbitrary' cap on Syrian refugees, Mr. Prime Minister
metroNEWS

Your essential daily news | WEDNESDAY, FEBRUARY 1, 2017

High 1°C/Low -2°C Snow  

Ziad Khaled Alhasso says he's grateful for the safety he feels for himself and his family since arriving in Halifax last February.

JEFF HARPER/METRO



THANK YOU

'Kindness and generosity' of Nova Scotians to Syrian refugees being recognized

metroNEWS

Work-to-rule 'short-term pain'

LABOUR BATTLE

Parents group says it's sticking by Nova Scotia teachers



Haley Ryan
Metro | Halifax

Work-to-rule may be wearing down families and teachers alike, but one group of parents says that's how it's supposed to be — and their support for educators "hasn't gone away."

With job action resuming this week, and teachers across Nova Scotia expressing frustration with a tentative deal they say doesn't address the classroom resources needed, Kate Ervine said it's "more important than ever" to stand behind teachers in the labour battle.

"I totally understand, I'm a parent too, but work to rule is difficult. It's supposed to be difficult, and I think that short-term pain for the long-term future of our children in the province is what is motivating a lot of parents," Ervine, spokesperson for Nova Scotia Parents for Teachers said this week.

The group's Facebook page has been a space for discussions and points

around whether work-to-rule is necessary and the tentative agreement, but Ervine said the more than 17,000 members haven't dropped off.

Ervine said the level of support for teachers "hasn't really gone away," and although there's some that have questions and aren't convinced that work-to-rule is the best way forward, most see that classroom conditions are "really at issue here."

"There's some real problems, and there's real resource shortages, and our students, our children are suffering," Ervine said.

With a ratification vote for the agreement coming next Wednesday, Ervine said it's up to teachers to decide one way or the other what they think about the deal, but it doesn't seem like the "fundamental issues" are being addressed when there's only talk of a commission being struck to look at issues.

'WE'RE STILL HERE'

Kate Ervine and other group members have organized a public Rally for Teachers this Sunday in Grand Parade from 1 to 4 p.m.



CONTINUING CARE ASSISTANT

Do you enjoy caring for others and want to get into a secure career? Earn a Continuing Care Assistant Diploma in just 9 months.

TURN YOUR PASSION INTO A PROFESSION!

APPLY NOW

 **da Vinci**
COLLEGE

davincicollege.org

1.866.429.1847

1577 Barrington St.

HALIFAX, NS B3J 1Z7





MUSIC AWARDS

Classified, Ria Mae lead nominations

Two Halifax-area hit-makers dominated East Coast Music Awards nominations announced Tuesday.

Rapper Classified leads with nine nominations, followed by frequent collaborator Ria Mae, who received seven nods for her alternative brand of pop.

"This means the world," Mae tweeted. "Can't wait to see you in April."

The front-runners have brought fresh attention to Atlantic Canada's music scene, both maintaining their local roots while touring widely.

Classified produced Mae's self-titled album featuring "Clothes Off," which went on to become a smash hit on the Canadian radio charts and grabbed a Juno nomination for single of the year — a category based on sales — alongside songs by Justin Bieber, Drake and the Weeknd. "Coming from the East Coast,

everyone has that traditional guitar-based, drums (sound) and I was listening to pop radio," Mae told The Canadian Press in June. "I just wanted to have more fun with it."

Mae said she and Classified may have never teamed up had it not been for their shared hometown.



Ria Mae THE CANADIAN PRESS

Classified, who lives in nearby Enfield, N.S., "repped his coast" in hip-hop tribute entitled "The Maritimes," rapping about fiddle players, Alexander Keiths and donairs and extolling the region as "the home of the innocents."

Mae and Classified were in good company on Thursday, with five of

13 fans' choice nominees hailing from Nova Scotia and the province earning 113 nominations in total.

The 2017 East Coast Music Awards show will take place on April 27 in Saint John, N.B.

THE CANADIAN PRESS

Halifax DIGEST

POLICE

Vehicle put into Bedford Basin after being stolen

Halifax Regional Police are looking for the person responsible for setting in motion a stolen Chevrolet Tahoe and putting it into the Bedford Basin.

Police say they were called around 10:10 p.m. Monday to Waterfront Drive in Bedford regarding a report of vehicle going into the water.

A dive team was used and located what ended up being the unoccupied vehicle. After towing the Chevrolet Tahoe out from the basin, it was determined the vehicle was stolen that earlier evening at Haltern. METRO

CRIME

Man charged in attempted break-and-enter

Police have charged a man after an attempted break and enter in Halifax on Monday night. In a media release, Halifax Regional Police said a witness in the 1-100 block of School Avenue saw a male suspect attempting to break down the front door of a home by ramming it with his shoulder.

Police arrived and arrested the suspect, a 40-year-old male. He's being charged with attempted break and enter, possession of dangerous weapons and assault with a weapon. METRO

Hennigar found not responsible

RULING

He will be held at the East Coast Forensic Hospital

A mentally ill man who killed his mother and two grandparents was found not criminally responsible for the murders by a Nova Scotia Supreme Court judge.

Codey Reginald Hennigar, 32, was arrested in January 2015 after the bodies of his 54-year-old mother, Mildred Ann Ward, and her parents, Clifford and Ida Ward, were found following a fire inside his home in Wyse Corner, N.S.

On Tuesday, Judge Patrick Murray agreed with the defence and Crown that Hennigar, who had previously admitted to the killings, was not responsible for his actions because of his schizophrenia.

Hennigar was tried on three counts of second-degree murder.

"It's a case of unspeakable tragedy," said Crown attorney Mark Heerema in an interview following the court proceeding.

"There was a large contingent of family and friends of the victims in court today," he said. "Understandably it was a very difficult proceeding for them and a difficult day for them — this affected a great deal of lives."

Heerema said the victims died of a combination of blunt-force injuries to the head and smoke inhalation.

"Mr. Hennigar made a series of agreements at his trial as well as admissions that he



Codey Reginald Hennigar has been found not criminally responsible in the deaths of his mother and grandparents. ANDREW VAUGHAN/THE CANADIAN PRESS

killed his family members and ... after the individuals were killed Mr. Hennigar set the house on fire," he said.

Heerema said at least one of the victims was still alive when the fire was set.

Police discovered the bodies inside the burned out remains of the home in a rural, wooded area about 25 kilometres north-east of Halifax's airport.

Hennigar was arrested after he rammed two RCMP vehicles

"This affected a great deal of lives."
Mark Heerema

with a car in the Milford area, about a half-hour drive from the scene of the blaze.

Heerema said the Crown was confident the verdict was the result of a "very thorough canvassing and consideration

of the issues."

"It's a case where three psychiatrists with a combined experience of over 70 years felt very strongly that this was the appropriate verdict."

The judge ordered Hennigar to be held at the East Coast Forensic Hospital in Dartmouth, N.S.

A criminal code review board will eventually determine if and when he can be released.

THE CANADIAN PRESS

COURT

Pastor found not guilty of gross indecency, indecent assault

Prominent Toronto pastor Brent Hawkes has been found not guilty of gross indecency and indecent assault in a Nova Scotia case that involved allegations stemming from events in the 1970s.

Provincial court Judge Alan

Tufts handed down the verdict Tuesday in Kentville, N.S., saying he found significant inconsistencies in the testimony of the witnesses.

Hawkes, a high-profile rights activist who officiated at former NDP leader Jack Layton's state

funeral, was at the time a teacher in his mid-20s in Nova Scotia's Annapolis Valley.

A man told the court he was 16 years old when Hawkes led him down a hallway naked during a drunken get-together at Hawkes' trailer, and forced oral

sex on him in a bedroom.

Two other men testified they attended the get-together as teenagers, and one said he witnessed Hawkes performing oral sex on the complainant.

On Tuesday, the judge said it's not clear what happened in the

bedroom that night.

The judge said the complainant's testimony was vivid and compelling, but "there are significant inconsistencies in the testimonies of the various witnesses, particularly the testimony of the complainant."

The complainant held his head down as the decision was read.

Supporters of Hawkes clapped and smiled when he was declared not guilty.

Hawkes had categorically denied the allegations.

THE CANADIAN PRESS

Students take sides

Teachers across the province resumed work-to-rule job action this week ahead of a ratification vote on their tentative deal next Wednesday. Metro spoke with students on both sides of the debate over whether work-to-rule is effective.

PRO



Haley Ryan
Metro | Halifax

Kenzi Donnelly says she knows students are tired and frustrated with work-to-rule, but it's important to keep the "bigger picture" in mind.

Donnelly, a founder of Students for Teachers and Grade 12 student at Prince Andrew High School, will be rallying for teachers this Sunday in Grand Parade alongside other supporters.

"Last time work-to-rule was in effect it did end up bringing both sides back to the table. It made everyone more aware of everything that teachers do for everybody," Donnelly said Tuesday.

Having the "normal" time without job action did raise morale in schools, Donnelly said, but while it's understandable the reversal is upsetting for grads looking forward to their last semester activities like prom, sports and more, supporting the teachers is more important.

She'd like to see class conditions included in a future agreement if this one is rejected, Donnelly said. Donnelly said nothing much changed in the agreement,



Kenzi Donnelly, METRO FILE

besides the two extra prep days.

If the tentative agreement is rejected next week and work-to-rule continues, Donnelly said it's up to students to get creative and organize activities like clubs, prom, or tutoring without teacher help.

Donnelly said post-secondary schools and scholarships have already said they'd waive the need for reference letters in light of the situation, while school boards are drafting letters to replace them.

To those who have formed the Students 4 Students group aimed at pupils' concerns with job action, Donnelly said it seems most of their issues stem from Grade 12 concerns.

"They're not representing the elementary school students, the junior high students, the students that have been left behind because of this broken system that teachers are now standing up to fix," Donnelly said.

"There's just a bigger picture here ... it's about improving this entire situation."



It's a lot bigger than all of us.
Kenzi Donnelly

CON

Anna Sophia Vollnerhausen
For Metro | Halifax



Adrian White, CONTRIBUTED

For John Grant, a Grade 10 student at Halifax West High School, the latest work-to-rule action has had a significant effect on students.

"It's like a close family member has died," Grant said Tuesday of the current mood amongst students.

Adrian White, another Grade 12 student at Halifax West, echoed this sentiment.

"We don't feel part of a community anymore," White said. "It's just, you go to class and you leave."

Both White and Grant are part of Students 4 Students (S4S), a group made up of student organizations from high schools within Halifax.

According to White, one of the finance directors of S4S, work-to-rule is not an effective form of labour negotiation.

"We feel like there is a more clear negotiation tactic that could be found that would not affect students this wholeheartedly," White said.

Through fundraisers, S4S hopes to offer students programming and events un-

available under work-to-rule.

This includes things such as tutoring sessions, breakfast programs and other extra-curriculars.

"We want to make life for students as normal as possible," Grant said.

The group is concerned about the impact work-to-rule will have on post-secondary plans of graduating students, as well as on overall student academic success.

According to Grant, Students 4 Students is not taking a side, but just wants to see it come to an end.

"We don't care whether it's the union that gives an inch, we don't care if it's the province that gives an inch, we just want (to go) back to normal," Grant said.

"The teachers have the union, the government negotiators have the government, and the students don't have anybody, until now.... Students are bearing the brunt of this work-to-rule action, and it's about time we have a voice."



The vast majority of people impacted are students, not teachers and definitely not Stephen McNeil. John Grant

LABOUR

Teachers' group wants universities to drop 'troublesome' suit



Haley Ryan
Metro | Halifax

University faculty across the province say a lawsuit from five universities against the Nova Scotia Teacher's Union (NSTU) "disrespects" the labour process.

According to a release Tues-

day, the Association of Nova Scotia University Teachers (ANSUT) wants Acadia, Cape Breton, Mount Saint Vincent, St. Francis Xavier and Sainte Anne universities to drop their suit against the NSTU for refusing to supervise student teachers.

"No one wants to see students, or student teachers, harmed," Marc Lamoureux,

ANSUT president, said in the release.

"But the decision of the five universities to sue the NSTU is an intrusion by a third party in the collective bargaining process of a certified union, and is especially troublesome given that the union membership is set to vote on the latest deal on February 8."

Lamoureux said the NSTU has followed all the normal steps, including mediation, to obtain a fair settlement, and they now have a legal right to strike and take job action like work-to-rule.

"There is nothing illegal about what the NSTU has done," he said.

The lawsuit is also unbal-

anced, Lamoureux said, since the universities have chosen to sue only the NSTU when the government is also involved in the dispute.

"If the provincial government locked out the teachers, I don't think the government could be sued for the reasons invoked by these five universities," he said.

1,400

The Association of Nova Scotia University Teachers represents more than 1,400 full-time faculty, librarians and contract academic staff throughout Nova Scotia.

HEALTH

Active immigrants ahead in the poles

Anna Sophia Vollmerhausen
For Metro | Halifax

A group wearing brightly coloured saris and running shoes took over part of the track at the Canada Games Centre on Tuesday morning.

About 20 people, many of them immigrants from Nepal, took part in the YMCA of Greater Halifax/Dartmouth's first urban pole walking program.

The program was funded by a grant from the Nova Scotia's Department of Communities, Culture and Heritage (NSDCCH).

According to Saba Chishti, a physiotherapist at Choice Health Centre, urban pole walking is a full-body activity that engages the core and arm muscles, and is suitable for any age group.

But the program delivers more than just health benefits. Bridget Ebsary, the YMCA's communications manager, said it helps bring people together.

"It's a great way for immi-



Ekaterina Calderon-Lamotte, right, leads a pole walking class for senior immigrants at the Canada Games Centre on Tuesday. JEFF HARPER/METRO

To Preston Denny,

TAKE NOTICE that a hearing to determine the future care and custody of your child, born December 23, 2015, will be held at the Supreme Court of Nova Scotia – Family Division, located at 3380 Devonshire Avenue, Halifax, Nova Scotia, on **Monday, February 6, 2017 at 1:30 p.m.**

For further information, contact the Supreme Court – Family Division at the above address or phone 902-424-3990, or contact Jean V. Webb, Barrister and Solicitor at 902-424-0392.

+ TESTIMONIAL

Data Ram, 56, immigrated to Canada from Nepal in 2010 and told Metro the program allows him to exercise, and to be with friends, something he enjoys.

grants to get to know their community, to get to know each other," Ebsary said.

Carol Davis-Jamieson, a regional manager with the NSDCCH, said the program also helps newcomers get to know the city.

"They can walk anywhere, go as a group, and it's much more comfortable to go in a group to experience something new," she said.

"And they can do the pole walking, they can walk on the waterfront and get to know the waterfront, get to know the trails that are in the community, but at the same time, they can go out and do the walking in their own neighbourhood."



Ziad Khaled Alhasso is a Syrian immigrant that has been in Halifax for one year. JEFF HARPER/METRO

Syrian refugees keen to thank Nova Scotia

IMMIGRATION

ISANS hosting event for those who welcomed asylum seekers

Yvette d'Entremont
Metro | Halifax

Last February, a Syrian refugee who'd just arrived in Halifax found himself walking near Chocolate Lake when an older woman approached him.

"She stopped him and said 'Are you a Syrian?' And when he said yes she asked 'Can I give you a hug?'" recalled Gerry Mills, executive director of the Immigrant Services Association of Nova Scotia (ISANS). "This was a young man who hadn't seen his mom for a number of years, and when he got back he said 'It was just like my mom giving me a hug.' This is just

one story of many."

To acknowledge the "compassion, kindness and generosity" of Nova Scotians who continue to support Syrian refugees, ISANS is hosting a thank you event at the Halifax Central Library on Wednesday evening.

"It was corporate Nova Scotia, it was businesses, it was landlords, it was individuals," Mills said. "People wanted to be part of this, and it was an extraordinary experience for all of us."

Mills said it ranged from a 97-year-old woman who knitted teddy bears for Syrian refugee children to the two senior men who for two and a half months spent seven hours a day, seven days a

week, bringing Syrian refugees shopping.

"We want to be able to say thank you Nova Scotia," she said. When Ziad Khaled Alhasso arrived in Halifax with his family last February, the Syrian refugee said they found incredible support from many places, including ISANS, their children's school (Westmount Elementary) and their building superintendent.

He and his wife have four children under seven, including a two-month-old son.

"Safety. Safety is the number one thing we are grateful for here. We're living in a peaceful environment," Alhasso said through interpreter Sura Khorshid. "We want to

She stopped him and said 'Are you a Syrian?' And when he said yes she asked 'Can I give you a hug?'

One story of local kindness told by Gerry Mills, executive director of the Immigrant Services Association of Nova Scotia

+ WHEN TO GO

The event takes place from 6:30 to 8:30 p.m. at the Central Library.

say thank you to people of Canada and Nova Scotia and the Canadian government for welcoming us here."

Mills said the Quebec City mosque massacre and Trump's refugee ban made it a tough week. "It is true this week has been very difficult, and it's why it's even more important that we acknowledge the compassion, the commitment, the kindness of Nova Scotians and what they continue to do," she said.

The event at the library is open to the public and will include guest speakers, an oud (lute) performance, refreshments, and onsite interpreters to provide Arabic and English interpretation.

POLITICS

Tories: Tolls not needed for highways

The Progressive Conservative leader says he's heard a lot about a Liberal government pitch to install tolls along six sections of Nova Scotia's highways, including two areas along Highway 101.

But Jamie Baillie says there are other ways to twin these roads without asking drivers to pay by tolls.

"Right now, there is \$300 million in infrastructure

money in Ottawa earmarked for Nova Scotia, and Stephen McNeil hasn't even gone and asked for it," Baillie said of the premier. "To me, it is unacceptable to leave \$300 million on the table in Ottawa and then turn to the people in the valley and ask them to pay for tolls."

That cash — put in a fund during the last recession under the Harper government — is responsible for twinning some

highways in Nova Scotia already. But it's a limited-time offer, says Baillie: by next year, it will be off the table.

A Tory government, he said, "would match that federal money with a provincial investment. The money is there. It may not be there as fast as tolling, but it is there, and in a step-wise fashion, we could get this done."

TC MEDIA

IN BRIEF

Learn more about the hijab

This Wednesday, Feb. 1 is also world hijab day. To celebrate, the Dalhousie Muslim Student Association is hosting 'An intro to hijab' by Dr. Afua Cooper, followed by a question-and-answer session.

The event takes place in Room 303 at the Dalhousie Student Union Building.

YVETTE D'ENTREMONT/METRO

Youth group gives city C+ grade on climate action

Keys to doing better include district energy, solar power

HALIFAX MATTERS

Tristan Cleveland



Imagine a man who rolls cigarettes in hundred dollar bills. Should he stop because it will one day give him cancer or because it's a stupid waste of money?

Doesn't matter, he should stop. The same goes for climate change. Yes, CO2 will make hurricanes like Juan a regular part of life, but if that's too hard to imagine, we should still stop spending millions on heating air that leaks into the sky.

This Thursday, an international youth group, iMatter, will present Halifax with a C+ for how we're doing on climate change. We need to do better, so here are a few ideas to waste less and, while we're at it, cut back a bit on catastrophic disaster.

District Energy

Next year we finally blow up Cogswell.

Since we're starting again from scratch, it will be cheap to lay pipes and heat



Violet Rosengarten works on a plein air painting at the Birch Mountain Blue Cove Wilderness Area. METRO FILE

all those buildings from a common source. That means way less energy going up through chimneys, but even better, we can use heat from the sewage treatment plant. Estimates peg the savings at about a million dollars per year.

Halifax Water is happy to run the new system and all we need is a thumbs up from the province to require all the new buildings to hook up to it. If it works, we should do this everywhere we can.

In Denmark, no less than two-thirds of households use district energy.

Energy Efficient Buildings

If you invest in the best insulation for a new home, how long do you think it takes for the lower energy costs to start saving you money?

Incredibly, the answer is "immediately." The amount you save on your energy bill is bigger than the cost it adds to your mortgage. When homes are built to sell, there

is no incentive to insulate sufficiently because heating them is someone else's problem. By requiring better standards, we can save a lot of people a lot of cash.

Solar City

Here's something we're leaders in. Over 400 homes have been hooked up with shiny new solar panels in Halifax thanks to loans that usually, again, cost less than the amount they save you.

You should sign up for

BY THE NUMBERS

\$1M

Approximately \$1 million would be saved annually using a common source.

2/3

At least two-thirds of households in Denmark use district energy.

400

About 400 homes in Halifax have been fitted with solar panels.

this, right here: halifax.ca/solarcity. Even solar electricity is now available. The program, however, should be expanded further to help people finance better insulation for leaky homes.

Doing Better

Bad enough our grandkids will judge us for causing climate change. Imagine when they find out we could have saved a ton of money while stopping it. What excuse will we have? Investing in the climate change fight is smart money.

CHRONICLE HERALD

Labour talks to resume

Unfair labour complaints have been withdrawn in the year-long strike at the Halifax Chronicle Herald, paving the way for the resumption of negotiations next week.

In a news release Tuesday, the union for 55 striking newsroom workers at the paper said it withdrew an unfair labour complaint related to the year-long work stoppage.

The union said a hearing was scheduled to begin next Monday before the Nova Scotia Labour Board, but was deemed unnecessary after management at the provincial newspaper backed away from "bad faith bargaining positions."

It says the Herald withdrew a complaint about alleged disclosure of confidential information.

"We withdrew the complaint to engender bargaining," said Ingrid Bulmer, president of Halifax Typographical Union local.

"If the company goes back to its unfair bargaining practices, we reserve the right to refile the complaint."

Ian Scott, the Herald's chief operating officer, said the union had put forward new proposals to address remaining issues in the dispute. Scott said those points relate to workplace efficiencies and staff severance.

"The company is optimistic that the moves by the union signal a real willingness to broker a deal that allows us to get back to work and focus on the future of this business," he said.

The sides have agreed to resume negotiations next Tuesday.

THE CANADIAN PRESS

RUN. STRETCH. PLAY. CLIMB. SWEAT.
MOVE MORE, AT DALPLEX.



JOIN THE CONVERSATION! [f /dalplex](https://www.facebook.com/dalplex) [@dalplex](https://www.instagram.com/dalplex) [@dalplex](https://www.youtube.com/dalplex)

902.494.3372

DALPLEX.ca

Train to deliver short & long-term care to those in need.

Become a **Continuing Care Assistant** for home care, long-term care and hospitals. This is a growing industry that offers flexible hours and competitive pay.



Actor portrayals.



Success College
Get Ready.

Apply now to
Start in March!

800 Sackville Dr., Lower Sackville, NS

successcollege.ca 902.865.8283

150 WAYS of looking at Canada

POSTCARD #1

LONSDALE QUAY, VANCOUVER, B.C.



I TOOK THIS PHOTO AT LONSDALE QUAY, NORTH VANCOUVER, B.C., SEEING DOWNTOWN VANCOUVER ON CHRISTMAS DAY, 1987. I WAS THERE WITH MY HUSBAND ON OUR HONEYMOON, AND WE WENT BACK TO JAPAN THE NEXT DAY WITHOUT EXPECTING WE WOULD COME TO CANADA 24 YEARS LATER. **MAYUMI HIGUCHI, VANCOUVER**



SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the county, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.



Have You Protected Your Family?

Pre-plan your final wishes for as little as \$4.83 per day.

8 Great Reasons why you should Pre-plan in Advance

PRE-PLAN

Both Together • Ability to Reason • Pleasant Conditions • Good Judgement
Comfortable Terms • Paid Ahead of Time • Continuing Income • Peace of Mind

BEING UNPREPARED

One Alone • Confused • Grief Stricken • Emotional Overspending
All Cash • Use Up Life Insurance • Income May Cease • Uncertainty

Info Session | Feb 8th | 2 pm | Call to RSVP

CRUIKSHANKS Funeral Home

2666 Windsor Street 902.423.7295

Dignity
MEMORIAL

LIFE WELL CELEBRATED™



Azzedine Najd and Fadwa Achmaoui stand by a memorial near their mosque which was site of a deadly shooting on Tuesday in Quebec City. THE CANADIAN PRESS

Muslim community struggles with shock

QUEBEC CITY

Families of victims relying on charitable donations

Ahmed Ech-Chahedy was standing about 30 metres away when the gunfire started.

The man carried an "assault rifle," he said. He took his time. And his face was not covered — contrary to early reports, he said in an interview.

Ech-Chahedy, a taekwondo instructor, was with his son and one of the boy's friends, when the shooter entered the mosque.

"If I think about it, it probably lasted five or six minutes," said Ech-Chahedy, who managed to flee the building and shelter in a nearby restaurant. "It was planned because even the way he fired at people—he was calm."

Police investigating the terror attack at a Quebec City mosque

have received witness accounts that an individual matching the description of the shooter was seen outside the building several days prior to the shooting.

Mohamed Labidi, the vice president of the Centre Culturel Islamique de Québec, told Torstar that, during a Monday night meeting, one member of the Muslim community claimed to have been approached a few days earlier by an individual who was asking for money.

Labidi said they claimed that the person was in fact the alleged killer, 27-year-old Alexandre Bissonnette, who is charged with six counts of murder and five counts of attempted murder.

The consequences of the shooter's actions are known now to all: Six men are dead while two more remain in hospital in critical but stable condition.

But a Muslim community that is still struggling with shock and grief is also now being forced to cope with the administration of a murderous tragedy that has widowed and orphaned women

and children and ripped apart families and friendships.

So far, the families of the dead are relying on charitable donations from organizations like Islamic Relief, which sent a team of people from Montreal and the Toronto area to assess the needs and coordinate delivery of the necessary support.

In a six-storey apartment building a short drive from the mosque where Ibrahima Barry, 39, and Mamadou Tanou Barry, 42, had gone together to pray, the halls of the fifth and sixth floors were strewn with boots and crowded with women bringing food and men making telephone calls and offering handshakes of condolence.

Among them was Mamoudou Afia Barry, the older brother of Mamadou Tanou, who had just arrived in town from his home in Columbus, Ohio, and was being briefed on what help and arrangements the Guinean community in Quebec City had already offered and what else was available. TORSTAR NEWS SERVICE

GOVERNMENT

Parliament debates Muslim ban

The Liberal government is holding the line on its immigration and refugee policy in the wake of the U.S. travel ban, but leaving the door open to future adjustments as they continue to study the far-reaching - and fast-changing - implications.

"We have a very robust and welcoming refugee system," Immigration Minister Ahmed Hussen said Tuesday.

"We don't develop policy on the fly. We have to make sure that we understand all the implications, to make sure that we stick to our numbers and make sure that we develop



Tom Mulcair urged Liberals to lift a cap on the number of Syrian refugees. THE CANADIAN PRESS

policy after careful consideration of all the implications."

The Liberal cabinet minister was responding to calls - includ-

ing from the New Democrats - to do more to fill the gaps left by U.S. President Donald Trump's temporary immigration ban on people from seven Muslim-majority countries and his indefinite bar to Syrian refugees.

"Canada must step up to do its part," said NDP immigration critic Jenny Kwan. "There is much more that Canada can do and must do."

At Kwan's request, MPs held an emergency debate Tuesday evening on the U.S. travel ban and how Canada should respond. THE CANADIAN PRESS

Europe calls U.S. a 'threat'

POLITICS

EU chief groups its ally with Russia and China

The leader of the European Union put longtime ally the United States in a "threat" category on Tuesday, insisting that President Donald Trump is contributing to the "highly unpredictable" outlook for the bloc.

In a letter to 27 EU leaders before Friday's summit in Malta, EU President Donald Tusk mentioned the Trump administration as part of an external "threat" together with China, Russia, radical Islam, war and terror.

Echoing statements from many European capitals, he said that those global challenges, "as well as worrying declarations by the new American administration, all make our future highly unpredictable."

He said that "particularly the change in Washington puts the European Union in a difficult situation; with the new administration seeming to put into



E.U. President Donald Tusk, right, said the Trump administration is part of an external "threat," together with China, Russia, radical Islam, war and terror. THE ASSOCIATED PRESS/GETTY IMAGES



question the last 70 years of American foreign policy."

This year marks the centennial of the U.S. entry in the First World War, and it marked the beginning of the American century as well as the enduring trans-Atlantic bond with Europe. Tensions have risen though since Trump was elected U.S. president.

"We should remind our American friends of their own motto: United we stand, divided we fall," Tusk said in the letter.

Britain wasn't part of the letter since it is poised to leave the EU and is only scheduled to attend part of the leaders' meeting in La Valletta. The decision to leave was the biggest setback for the EU in decades,

and Trump didn't endear himself with many EU leaders by saying that Brexit "will be a tremendous asset and not a tremendous liability."

"In politics, the argument of dignity must not be overused," Tusk wrote. "Today we must stand up very clearly for our dignity, the dignity of a united Europe." THE ASSOCIATED PRESS

Trump announces Supreme Court pick

President Donald Trump nominated Neil Gorsuch, a fast-rising conservative judge with a writer's flair, to the Supreme Court Tuesday night, setting up a fierce fight with Democrats over a jurist who could shape America's legal landscape for decades to come.

At 49, Gorsuch is the youngest Supreme Court nominee in a quarter-century. He's known on the Denver-based 10th Circuit Court of Appeals for clear, colloquial writing, advocacy for court review of government regulations, defence of religious freedom and skepticism toward law enforcement.

"Judge Gorsuch has outstanding legal skills, a brilliant mind, tremendous discipline and has earned bipartisan support," Trump declared, announcing the nomination in his first televised prime-time address from the White House.

Gorsuch thanked Trump for entrusting him with "a most solemn assignment." Outlining his legal philosophy, he said: "It is the rule of judges to apply, not alter, the work of the people's representatives. A judge who likes every outcome he reaches is very likely a bad judge."

THE ASSOCIATED PRESS



Judge Neil Gorsuch and his wife Louise at the White House during a televised address on Tuesday. CAROLYN KASTER/THE ASSOCIATED PRESS

Academics speak out against ban

More than 4,000 university professors, administrators and researchers have signed a petition to boycott international academic conferences in the U.S. to show solidarity with Muslim colleagues affected by U.S. President Donald Trump's travel ban.

"It is a support to our (Muslim) colleagues in this beleaguered time," said Haroon

Akram-Lodhi, an economics and international development studies professor at Trent University in Peterborough, one of many Canadian academics on board.

Another online petition denouncing the ban led by American academics has collected more than 18,000 signatures, including 50 Nobel Laureates.

A National Science Founda-

tion report found 5.2 million of the 29 million scientists and engineers in the U.S. are immigrants.

"The order institutionalizes racism, and fosters an environment in which people racialised as Muslim are vulnerable to ongoing and intensifying acts of violence and hatred," said the petition.

TORSTAR NEWS SERVICE




A new career. A better life.

"I need a change... a real career."

Train for a promising new career as a Paralegal in just 13 months.

Since 1899
45 Alderney Dr. Ste 100
Dartmouth, NS B2Y 2N6



Still time to apply for March!

Call or Click Today

902-463-6700 **maritimebusinesscollege.com**

ARTISAN CRAFTED

NEWFOUNDLAND
CHOCOLATE
COMPANY

• EST 2008 •



Just tell them
#lovesyalots

HALIFAX SHOPPING CENTRE • MIC MAC MALL • SUNNYSIDE MALL
www.newfoundlandchocolatecompany.com

STEP UP YOUR METROGUIDE TO MAKING A DIFFERENCE

HOW TO BE A GOOD NEIGHBOUR

For Canadian Muslims, being feared, suspected or even threatened with violence can be a daily reality. **Amal Rana**, a Vancouver-based Muslim poet, educator and community organizer, shared five practical ways to show you won't stand for it — and that you care.



Most of your Trump jokes are seriously unfunny



Among the cries of anguish and howls of outrage that have greeted Donald Trump's first, horrific week in office, there is still a persistent and pernicious sound emanating from his opposition: a haughty snicker. It is working to stead-

ily undermine the edifices that are being built against policy pronouncements that have ranged from hideously short-sighted to openly opposed to the very spirit of free democratic society.

The giggle is unmistakable precisely because it was ever-present in the 18 months it took for Trump to go from laughingstock to leader of the free world (if we can still properly call it that, by the time

he's done). It was the sound of “Drumpf” and every bad bar-room impersonation, the snide chuckle that followed every mention of his ridiculous hair or allegiance to Omarosa.

If Trump's election, the very thing that seemed so laughable, choked it for a while, the complacency that has attended his actual ascent has allowed it to sneak back in. It came as a rising chuckle that he couldn't even get a Bruce Springsteen

tribute band to play at his inauguration party. It sounded like a sharp snort as we shared side-by-side photos of his and Obama's swearing-in ceremonies. It sputtered up when we suggest he needed to hold Theresa May's hand because of his supposed fear of stairs.

These weak stabs at humour are not satire, an attempt to cast Trump in dark relief to reveal some underlying truth. They are its exact opposite: a

fearful response to the reality of his stature, a blind hope that we might reduce it with a cutting remark. They replace a raised fist or finger with side-eye, something that might help the enlightened recognize and congratulate one another on their good taste.

The best that could be said about this tendency is it's a coping mechanism: We would rather feel above-it-all than angry or drowning in despair.

Politics are not a roast battle, least of all when the pillars of our liberal democratic political order are being sledgehammered. It might give you a momentary thrill to mock the hand size of the man doing the swinging. But however good your bon mots may make you feel, they haven't yet encouraged him to stop.

David Berry is a humour writer and cultural critic.



Don't fear the kitchen

RECIPES

These simple dishes can get all new chefs up and cooking

Ceri Marsh & Laura Keogh
For Metro Canada



If you've never learned to cook beyond opening a can, fear not. We're here with some easy recipes everyone needs in their back pocket to get started. Now all you need to do is put some music on, pour yourself a glass of wine and get cooking.

Pasta

It's impossible to build a cooking rolodex (does anyone still have a rolodex?) without a kick-ass pasta dish. Here is that dish.

Aside from the joy a bowl of pasta brings to a belly, most dishes are easy to prepare since many noodles cook up quicker than it takes to wait for the water to boil. Also, pasta is a great foundation for any kind of flavour profile and is a complete meal in itself.

We love this **Creamy Pea Tagliatelle** for its breezy but impressive sauce.

Makes: 4 servings; **Prep time:** 10 minutes; **Cook time:** 20 minutes.

Ingredients:

- 500 g tagliatelle pasta
- 2 cups frozen peas
- 1 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup creme fraiche
- 3 tsp chives or flat-leaf parsley

Directions:

1. Cook the tagliatelle according to package directions. In the last minute of the pasta cooking process, drop the peas into the water. Drain both the pasta and peas.

2. Meanwhile, in a large skillet, heat the oil and sauté the onion and garlic for 5 minutes until fragrant. Stir in the creme fraiche. Add the pasta and peas, folding them with tongs to coat the pasta with the sauce. Sprinkle with chopped chives or flat-leaf parsley and serve.



There's no need to feel intimidated by any of these three simple and scrumptious dishes to get beginners cooking: (clockwise from top) **Chinese 5-Spice Chicken Tray Bake**, **Creamy Pea Tagliatelle** and **Broccoli and Cheese Soup**. PHOTOS: MAYA VISNYEI

Chicken

There's a reason chicken dishes are the most searched recipes on food websites. As proteins go, they're a great canvas for flavours and easy to prepare.

This **Chinese 5-Spice Chicken Tray Bake** uses less-expensive thighs for budget-sensitive novices, and it features a cooking method ideal for new chefs — tray baking.

Allowing all your meal's ingredients to cook on the same baking sheet not only makes meal prep easier but, frankly, is a smart way to cook.

Makes: 4 servings; **Prep time:** 1 hour; **Cook time:** 20 minutes.

Ingredients:

- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions:

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

3. Remove chicken from re-

frigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

Soup

Let's be honest, you can't live in Canada and not have a soup dish you can call your own. And, yes, you should definitely take credit for this easy **Broccoli and Cheese Soup**.

SPICE RACK

Making delicious meals is simpler when you have a small but potent spice rack. Here's what you need beyond good old S&P.

- Chili Powder
- Cumin
- Cinnamon
- Curry Blend
- Dried Bay Leaves
- Dried Oregano



In addition to travelling well for lunches or snacks, soups use up lots of leftovers and can handle any amount of vegetables you can jam into them.

Plus, like this one, they only benefit from the addition of cheese.

Makes 4 servings; Prep time: 10 minutes; **Cook time:** 25 minutes.

Ingredients:

- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan salt and pepper to taste

Directions:

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

Call for ban on adverts to battle childhood obesity

INDUSTRY CRITICISM

New report wants federal help in fight to limit marketing

In an effort to combat the rising tide of childhood obesity and promote healthier eating, the Heart and Stroke Foundation is calling on the federal government to pass legislation restricting food and beverage marketing to children.

"Given experts' prediction that today's children may be the first generation to have poorer health and shorter lifespans than their parents, we need to be bold," writes Diego Marchese, interim CEO and executive vice-president of Heart and Stroke, in the 2017 Report on the Health of Canadians released Wednesday.

Obesity rates in Canadian children have tripled since 1979 — one in three kids are now overweight or obese — putting them at greater risk for developing health problems such as heart disease, stroke, high blood pressure and diabetes, the report notes. It argues that restrictions on marketing to those under 16 would protect children, support parents and level the playing field for industry.

Industry's efforts over the past decade to self-regulate, through the Canadian Children's Food and Beverage Advertising Initiative, have been "a failure," says the report. "As long as regulation is optional, the playing field is not even. Even if the criteria were strong, companies that comply and put children's health first would be at a disadvantage."

Calls for regulations have been made before. Heart and Stroke is part of the Stop Marketing to Kids Coalition started in 2014,



Children and teens are bombarded with ads for restaurants, cakes, cookies, cereal, ice cream and much more. ISTOCK

which is made up of 11 non-governmental organizations, including Toronto Public Health.

And Prime Minister Justin Trudeau, in his 2015 mandate letter to Minister of Health Jane Philpott, said he expects her to promote public health by "introducing new restrictions on the commercial marketing of unhealthy food and beverages to children, similar to those now in place in Quebec."

The report also highlights Quebec, which has the highest vegetable and fruit intake among Canadian children and the lowest obesity rate among those aged 6 to 11. Legislation introduced there in 1980 banned commercial ads of goods and services to kids under age 13.

For its report, the foundation commissioned Monique Potvin Kent, an expert in food and beverage marketing to children. She reviewed the digital ads shown over a year on the top 10 websites aimed at children between the

25 million

The study found children between the ages of 2 and 11 see 25 million food and beverage ads, on their 10 favourite websites in a year.

ages 2 and 11, and youth aged 12 to 17. Her research shows that more than 90 per cent of online food and beverage ads seen by children and teens are for unhealthy items high in fat, sodium or sugar.

Children and teens are bombarded with ads for restaurants, cakes, cookies, ice cream, cereal and sugar-sweetened beverages.

"There are many ads on TV directed at kids and it's even higher for teens, but there are only so many spots available, there is a limit," writes Potvin Kent, who is an assistant professor in the University of Ottawa's

School of Epidemiology, Public Health and Preventive Medicine. "On the Internet, there are absolutely no limits."

Also included in the report was a survey of 2,401 Canadian adults interviewed online by Pollara Strategic Insights. It found that 70 per cent feel children are exposed to too many ads by the food and beverage industry, and 71 per cent think industry has an unfair advantage over parents when it comes to influencing what kids consume due to how much money it spends on ads.

David Ma, an associate professor at the University of Guelph's department of Human Health and Nutritional Sciences, welcomes the initiative. But, he adds, "There's no magic bullet."

"If (legislation) were implemented, obesity wouldn't go away overnight," Ma said. "If enacted, this would be one part of an overall strategy that we need to implement."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING



The actions of Mary (Caroline Dhavernas, right) imperils her relationship with daughter Jess (Abigail Winter). CONTRIBUTED

The vibe is what's really killing it

THE SHOW: *Mary Kills People*, Season 1, Episode 2
THE MOMENT: The stoop

Dr. Mary Harris (Caroline Dhavernas) secretly euthanizes terminal patients. Her quietly smart teenage daughter Jess (Abigail Winter) and Jess's minxy bestie Naomi (Katie Douglas) found a stash of Mary's drugs. Naomi tried some. Jess, who loves Naomi more than platonically, didn't like that. Now they're sitting side by side on a stoop.

"I hate when you're mad at me," Naomi says, snuggling against Jess. "Where'd you go last night?"

"I left because I hate watching you be a train wreck," Jess replies.

"The cocaine wasn't even that good," Naomi says. "Feel my heart." She puts Jess's hand on her chest and holds it there. Jess tries to hide her trembling.

Jess promises not to rat out Naomi if Naomi stops doing drugs. "You sound like your mom," Naomi says. "She knows about this?" Jess asks.

"Oh, yeah," Naomi says. "She totally covered for me, too."

What prevents the plot of this six-part miniseries from becoming repetitive — patients want to die so Mary kills them — is how imperiled Mary's relationships are by her actions. The vibe between these two characters is especially fascinating, thanks to the nuanced dance Winter and Douglas are doing.

Naomi = Trouble and it's not easy to play that without falling into clichés. But Douglas knows exactly when to make eye contact or touch Winter, and when to look or pull away. She draws her in with sincerity, then dominates her with her superior coolness. And that last little touch: undermining Jess's trust in her mother, before flouncing off to breakfast? Perfect.

Mary Kills People airs Wednesdays at 9 p.m. on Global.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro
**IMAGINE
HALIFAX**

Tuesday, February 28, 2017

DON'T MISS OUT!

LIQUID ASSETS PETER ROCKWELL



While it's an honour to be nominated, winning is a lot more fun.

From niche to Masters of Canada's whisky universe

By the looks of the pictures posted after the Canadian Whisky Awards in B.C. last week the makers of Master's 10 Years Old Straight Rye (\$85.61-\$105.70) would agree.

Named 2017's Canadian Whisky of the Year, Master's has gone from boutique tippie to the most sought-after spirit in the country virtually overnight. That's not the reason why finding a bottle of the award

winner will be challenging.

Like many artisan spirits Master's is produced in small batches. In broad terms a batch to a whisky is what a vintage is to a wine. Though the name remains the same for both, the flavour profile will vary depending on the harvest for wine and distillation run for whisky.

Though the bottle I tried was from batch 001 (a winner in my book) it was batch

PSA-0035 you'll want to look for. That was the liquid that won Master's the prize.

Prices reflect the range across the country. Some products may not be available in all provinces.





Completely powered by electrons



REVIEW

Bolt a fairly affordable entrance to the EV market



Dan Ilika
AutoGuide.com

Don't let the popularity of the Tesla Model S fool you: Electric vehicles aren't selling as well as perhaps they should be.

Get past range anxiety and long charging times, and the astronomical upfront cost of EV ownership is no doubt keeping plenty of potential buyers away. Automakers know this all too well, and a handful are working on electrified solutions that fit the needs — and budgets — of the masses. And the first of this new class of relatively affordable, everyday-friendly EVs to hit the market is the 2017 Chevrolet Bolt. Aside from its confounding name — conversations about the car invariably include descriptors like “that’s Bolt with a ‘B’” for clarity’s sake — the Bolt joins the alternative fuel fray with little doubt about its electric origins.

Because unlike the Volt, which features a gas engine (it doesn't send power to the wheels directly but essentially recharges the battery pack on the fly), the Bolt is powered purely by electrons.

The 60-kilowatt-hour battery pack, a lithium-ion unit, spans the entire length of the car's cabin and can be plugged into Levels I, II or III charging stations. Using the former means

long charging times, while the latter, known as DC Fast Charging, can top the battery up with 145 kilometres of range in about 30 minutes, or juice it up completely in about two hours.

Topping the battery up completely using a Level II charger, meanwhile, takes a little less than 10 hours and provides an estimated range of 383 kilometres.

Departing Menlo Park, Calif., with a fully charged battery our tester was more than fit for an extended tour of the rain-soaked San Francisco Bay Area. With a roundabout journey spanning about 160 km on the day's docket, battery life was of little concern.

With the instant torque provided by the electric powertrain, the Bolt offered impressive acceleration — a useful tool not for racing along city streets, but rather when passing and merging.

The electrified gusto did, however, combine well with the Bolt's responsive ride, a product of wheels that sit as near as possible to the corners, and low centre of gravity, created by the battery pack, to have a little bit of fun when called upon.

The battery pack's low positioning in the car isn't always smile-inducing, though. Tipping the scales at 435 kilograms, it creates a weight imbalance in the Bolt that can lead to a seesawing effect over uneven pavement, something that became quickly evident on the Bay Area's roly-poly highways.

It's definitely not a deal-breaker, but does take some getting used to — particularly for those who are new to electric vehicles.

THE CHECKLIST | 2017 CHEVROLET BOLT REVIEW

THE BASICS

Motor: Single motor drive unit
Output: 200 hp, 266 lb-ft
Transmission: Fixed ratio
Battery Size: 60 kWh
Estimated Range: 383 kilometres
Price: Starts at \$42,795 (before available incentives)



LOVE IT

- Silky smooth acceleration
- Relative lack of range anxiety
- Bright and open cabin

LEAVE IT

- Jarring regenerative brakes
- Cost of active safety options

SUV

What we know about the 2019 Ford Explorer so far

Ford is working hard on the next generation of its popular Explorer SUV.

When it comes to mid-sized SUVs, none sells better than the Ford Explorer in the U.S. — and for good reason. The popular seven-seater has been a staple in the American automaker's lineup since the early 1990s and now the sixth-generation model is in development.

Although it will go on sale as a 2019 model year, there's a bit we already know about the next-generation SUV as spy photographers have caught a

prototype testing.

It rides on a new platform

The 2019 Ford Explorer is expected to ride on a new platform called “D6.” Currently it's underpinned by the D4 platform also found on the Ford Flex and Lincoln MKT, but look for the D6 to make an appearance in several of Ford's models in the future. It's believed that the new platform will take advantage of lightweight materials like aluminum, similar to what Ford did with its popular F-150 pickup. In addition, rumours suggest it can

be configured for front-, rear- and all-wheel drive, but don't expect it to go rear-wheel drive.

It will likely lose its naturally aspirated V6 engine

Like the refreshed Ford Mustang, the automaker is expected to drop the naturally aspirated V6 engine from the Ford Explorer's lineup. Look to see the 2.3-litre four cylinder and 3.5-litre V6 EcoBoost engines live on, with slight updates to enhance performance and fuel economy. The deletion of the naturally aspirated V6 will help boost

+ STATS

Sales

Last year, the Ford Explorer sold 248,507 units, making it the 14th overall best seller in the U.S.

the average fuel economy and emissions across the entire Explorer range.

Look for it to debut in late 2017 or early 2018

There's a possibility Ford will

debut the 2019 Explorer at the 2017 L.A. Auto Show, but it's more likely it will bow at the 2018 Detroit Auto Show.

Styling will be evolutionary rather than revolutionary

Although it's still hard to see with the heavily camouflage concealing the prototype, the new Explorer won't see any drastic styling changes.

The focus will be on using aluminum to shed weight, helping make it more fuel efficient as well as taking advantage of the new platform. Some would say

the fifth-generation model did enough to change the popular SUV's styling that debuted as a 2011 model year.

It will continue to sell well

Last year, the Ford Explorer sold 248,507 units, making it the 14th overall best seller in the U.S. It's a safe assumption that regardless of how Ford decides to style the Explorer, it will continue to sell well among the mid-size SUV segment, especially for shoppers looking for seven seats. Currently the model starts from \$35,039 including destination.

EXTENDED
UNTIL FEB. 28TH



GET GREAT YEAR-END DEALS ON THE FOCUS YOU WANT

WITH

\$3,500 IN REBATES¹ + **\$1,000** YEAR-END BONUS CASH²

ON ANY NEW 2016 FOCUS

ON ANY NEW 2016 FOCUS



For more information head to
findyourford.ca or visit your Atlantic Ford store.

IT'S **EASY** TO
GET INTO A **FORD**

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). ¹Until February 28, 2017, receive \$3,500 in "Manufacturer Rebates" (Delivery Allowances) with the purchase or lease of a new 2016 Focus — all stripped chassis, F-150 Raptor, Medium Truck, Mustang Shelby[®] and 50th Anniversary excluded. Delivery allowances are not combinable with any fleet consumer incentives. ²Offer valid between February 1, 2017 and February 28, 2017 (the "Offer Period"), to Canadian residents. Receive \$1,000 towards the purchase or lease of a new 2016 or 2017 Ford model (excluding Fiesta, F-150 Regular Cab XL 4x2 Value Leader, F-350 to F-550 Chassis Cabs) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. ©2017 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2017 Ford Motor Company of Canada, Limited. All rights reserved.



Available in most new Ford vehicles with 6-month pre-paid subscription.

Mark Johnson's 206-day #Letmecaddieforyou Twitter campaign is a success as Sergio Garcia will let the Englishman assist him in a Sept. 27 pro-am

LeBron on offence in war of words

NBA

Cavs star hits back against Barkley's criticism

LeBron James is done bowing to Sir Charles.

After he was criticized by Charles Barkley for questioning Cleveland's front office, James tore into the former NBA star and opinionated TV commentator on Monday night following a loss in Dallas. James not only countered what was said about him but he also attacked Barkley's character for some off-the-court missteps.

"I'm not going to let him disrespect my legacy like that," James told ESPN after the Cavs lost 104-97 to Dallas, dropping the defending champions to 7-8 in January. "I'm not the one who threw somebody through a window. I never spit on a kid. I never had unpaid debt in Las Vegas. I never said, 'I'm not a role model.' I never showed up to All-Star Weekend on Sunday because I was in Vegas all week-end partying."

"All I've done for my entire career is represent the NBA the right way. Fourteen years, never got in trouble. Respected the game. Print that."

Barkley has never been one to hold back his opinion on James or any other player, but



Cavaliers forward LeBron James elevates for a dunk against Mavericks forward Dwight Powell on Monday night in Dallas. BRANDON WADE/THE ASSOCIATED PRESS

the 11-time all-star was particularly critical of James last week after Cleveland's star complained about Cleveland's roster being "top-heavy" and questioning whether the team's front office was satisfied with one title.

Barkley said James was "whiny" and "inappropriate" and wondered about his motives. Barkley called James "the

best player in the world" but wondered if he really wanted to compete. James initially dismissed Barkley, saying he was only trying to boost TV ratings. Barkley works as an in-studio host for TNT.

However, James decided he couldn't let those comments go and turned on Barkley, who never won an NBA title.

"I'm tired of biting my tongue. There's a new sheriff in town."
LeBron James

"He's a hater. What makes what he says credible? Because he's on TV?" James said. "I know he wanted to retire a long time ago, but he can't. He's stuck up on that stage every week."

James also said if Barkley wants to continue any discussion, he knows where to find him.

"If this makes him want to talk to me, the schedule's out there," James said. "He knows every road arena I'll be in. Don't just come up to me at all-star and shake my hand and smile."

THE ASSOCIATED PRESS

NFL

Kraft fires shots over Deflategate

Robert Kraft is pulling his punches over "Deflategate."

Well, some of them.

While the New England Patriots owner and once close confidant of NFL commissioner Roger Goodell wants to celebrate yet another trip to the Super Bowl this week, he also couldn't back down from a challenge Monday night to address the whole mess. So Kraft took a couple of shots during the Patriots' availability, yet also made sure not to temper the festive mood.

"Everybody wants to protect their family," Kraft said about the deflated footballs case from the 2014 AFC championship game that resulted in Tom Brady's four-game suspension, a \$1-million

fine for the franchise and the loss of its first-round draft pick in 2016.

"I think our family was involved, or accused of being involved, in something that was mishandled and became inappropriate. Sometimes in a complicated situation in business, people start pointing fingers, and we want to assure everyone that we are together."

Kraft then cited a Hebrew saying from the Old Testament.

"When tough times come," he translated, "there's nothing bad that happens that doesn't have good associated with it."

"In a way, that galvanized our team." THE ASSOCIATED PRESS

"There's a time and a place to talk about problems. I'm going to stay focused on being here."
Robert Kraft

Pats appear headed for Mexican detour

Tom Brady is planning a trip to Mexico this year. To play football.

Although the NFL has yet to announce the game — commissioner Roger Goodell might do so on Wednesday at his annual Super Bowl news conference — Brady spoke openly Tuesday about his New England Patriots playing in Mexico City next season.

The NFL was quite happy with a sold-out Azteca Stadium crowd of 76,743 for Texans-Raiders last November. It's possible the Raiders, in the midst of seek-



Tom Brady
GETTY IMAGES

ing approval to move to Las Vegas, could be the host team again.

The Chargers, who earlier in January relocated from San Diego to Los Angeles, are another candidate to be the home team.

"I look forward to being down there, because it will be a great experience for our team," Brady said. THE ASSOCIATED PRESS

NHL

Rangers, Vigneault tack on 2 more years



Alain Vigneault had a record of 175-97-23 with the Rangers prior to Tuesday's game against the Blue Jackets.

CHRISTIAN PETERSEN/GETTY IMAGES

Alain Vigneault didn't have to think long about whether he wanted an extension with the New York Rangers. So it was all settled pretty quickly.

Vigneault and the Rangers announced a new two-year deal Tuesday that runs through the 2019-20 season.

"It was a pretty easy decision as far as you're a coach and you want to have a chance and you got a first-class organization," the 55-year-old Vigneault said.

Vigneault was under contract through next season under the five-year deal he signed in

1,100

Vigneault coached his 1,100th game last week.

June 2013.

He said general manager Jeff Gorton initially brought up the topic of an extension last summer because he didn't want the coach going into a lame-duck season. Talks began about a month ago.

"Rangers, Original Six (team),

you don't get much better than this," Vigneault said. "When we go on the road there's a cult (following) there. It's a lot like when I was with the (Montreal Canadiens). I know I need to continue to get better and that's what I'm trying to do."

Vigneault was 175-97-23 with the Rangers heading into action on Tuesday night. In addition to Montreal, he also previously coached the Vancouver Canucks. Vigneault led New York to the Stanley Cup Final in 2014 in his first season with the team.

THE ASSOCIATED PRESS

IN BRIEF

Bills won't retain NFL's first female assistant coach

The Buffalo Bills will not retain Kathryn Smith, the first full-time female assistant coach in the NFL.

Smith is one of 14 assistants who will not remain on new coach Sean McDermott's staff, the Bills announced on Tuesday. McDermott was hired on Jan. 11 to replace Rex Ryan, who was fired prior to the Bills' season finale.

THE ASSOCIATED PRESS

Police ready for protests at Super Bowl, says chief

Houston Police Chief Art Acevedo says authorities are ready to handle any protests that might occur during Super Bowl week in response to President Donald Trump's executive order on refugees and immigration.

Acevedo said that dealing with the potential for demonstrations has always been part of security planning efforts.

THE ASSOCIATED PRESS

HOME IMPROVEMENT

✓ WINDOWS ✓ SIDING ✓ DOORS ✓ DECKS 

Windows Plus
Since 1988

Visit our **SHOWROOM**
95 AKERLY BLVD. BURNSIDE

CALL FOR AN ESTIMATE
902.482.1000

Ask about our
WE PAY THE TAX EVENT!

www.windowsplus.ca

FINANCIAL

The Atlantic GOLD & SILVER CENTRE

We buy Gold & Silver!

- * Get 20% more than other dealers!
- * Compare rates online!
- * Professional Service!
- * Instant Valuation!
- * Cash payments!



30 Damascus Rd, Bedford. Tel: 1 866 720 9651
www.atlanticgoldsilver.com

EMPLOYMENT

NOW HIRING!!

Full or Part Time Hours
Weekends Off
Up to \$20 / hour

CONTACT US
1-855-567-0977
Marc@BigMaveric.com

GOLF SCHOOL

Awareness
Golf School
19 Years of World Class Golf

**YEAR-ROUND TRAINING
FOR ALL LEVELS**

 10 Akerley Blvd.
Unit 52, Burnside
902-450-0111
awarenessgolf.com

MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you tired of chronic pain...?

902 425 2612 • fareast@auracom.com

APARTMENT FOR RENT

54 JACKSON ROAD • DARTMOUTH

Spacious 1 BR apartments. Mature/adult building close to amenities and bus routes.
Heat/HW & Parking included
\$550

902-489-5868 • halifaxapartmentrentals.ca

APARTMENTS



Open House
This Weekend


THE ABIGAIL

Open House 10am - 6pm Daily • 56 Jacob Lane, Bedford
Call 902-402-2591 or visit universalgroup.ca 

NEWLY RENOVATED UNITS

1, 2 & 3 BR units
Located on Churchill Crt & Roleika Dr. Dartmouth

Close to Schools, Buses and All Amenities!

1 Bedroom now \$575
2 Bedroom now \$620
2 Bedroom + Den now \$809
3 Bedroom now \$809

Call today 902-462-3544
or 902 830-4851
PineRentals@gmail.com

Belmont Court Apartments

Completely renovated, spacious apartments with large balconies near everything Cole Harbour has to offer!

Clean & Quiet Affordable Rates
Dedicated Parking On-site Superintendent
On-site Laundry Great Neighbours

957 Cole Harbour Road, Dartmouth
902-425-5777 • belmontcourt.ca




A better place? **Yes way.**

Apartments that are locally owned, community-minded and quality inspired.

 **UNIVERSAL**
REALTY GROUP

Find your apartment online at universalgroup.ca
or call (902) 425-8877 to view today. 



SALTER'S GATE APARTMENTS

5150 Salter Street

"the best of downtown living"



- 1 & 2 bedroom apartments
- terraces & harbour views available
- designer finishes
- blinds on all windows
- heat & hot water included
- 6 appliances incl. in-suite laundry
- secure, interior parking available
- fitness facility

greenwoodlane.com • 902-423-2279

Give it to a friend at no extra cost.

metro 

MAKE IT TONIGHT

Spicy Enchilada Stuffed Sweet Potatoes



PHOTO: MAYA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the taco shell once you combine sweet potatoes with a meat filling that delivers rich flavours.

Ready in 1 hour

Prep time: 30 minutes
Serves 4

Ingredients

- 4 medium sweet potatoes
- 1 Tbsp oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 lb ground beef
- ¼ tsp salt
- 1 Tbsp chili powder
- 1 tsp cumin
- ½ tsp ground dry mustard
- ¼ tsp cinnamon
- ¼ tsp garlic salt
- ½ tsp dried oregano
- ½ a 156 ml can of tomato paste
- butter
- Monterey Jack Cheese
- sour cream
- cilantro

Directions

1. Preheat oven to 425 degrees. Scrub sweet potatoes and pierce a few times with a fork. Place on baking sheet and bake 40 - 45 minutes, until easily pierced with a fork.

2. Meanwhile, add oil to a medium-sized pan over medium-low heat. Add garlic and onion and sauté until tender, about 5 minutes. Add beef to the pan, sprinkle with salt and sauté until cooked through. Drain fat if needed/desired. Add chili powder, cumin, mustard, cinnamon, garlic salt and oregano and stir. Add tomato paste and stir again until incorporated. Simmer for 5 minutes, stirring occasionally.

3. Remove potatoes once they've cooked through, slice down middle and, using a fork, break up filling and add a bit of butter. Spoon enchilada filling over top. Dress with additional toppings and enjoy

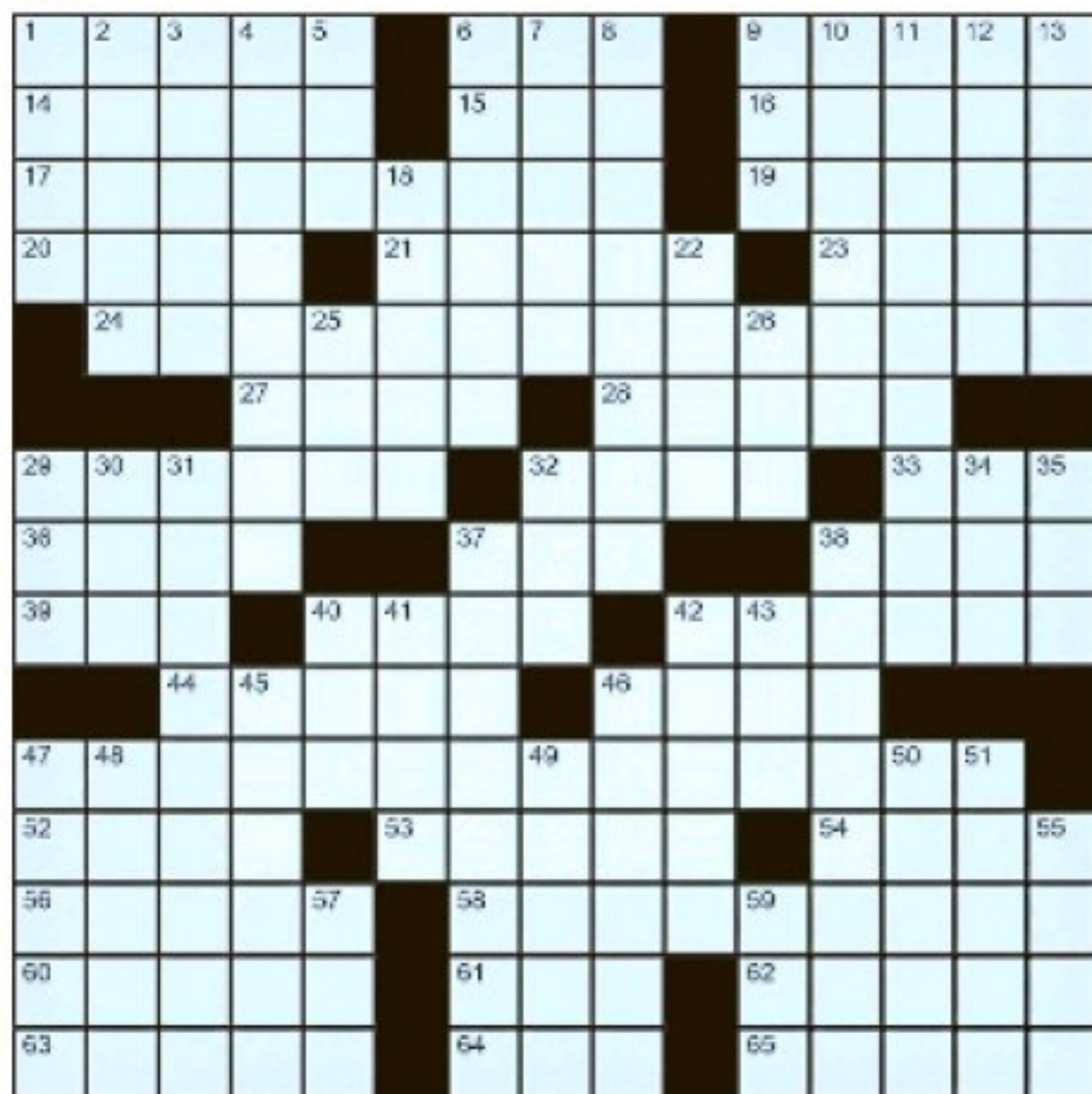
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Renault 5 super-mini, as it was also known: 2 wds.
- 'Start With Trust' is this org.'s slogan
- Willie of 'Charles in Charge'
- 'It's ___ to the finish!'
- Swiss river, variantly
- Letting-in-the-cold problem
- Soup/salad/sandwich setting
- Astrology sign
- Lhasa ___ (Small dog)
- Open, as a cage
- Eight: Spanish
- Montreal-born 'Shark Tank' star Kevin O'Leary recently became a candidate for the what in Canadian politics?: 2 wds.
- Everly Brothers: 'All I Have to ___ Dream'
- Expletive eliminator
- Gain more sense: 2 wds.
- Orbison and Rogers
- Noun modifier, briefly
- Listen
- White tie suit, commonly
- Between harbours
- 'Little ___ lot?' (Quantity query)
- 'Dirty Jobs' host Mike
- Coffee machine's daily change
- Play the radio



- loudly
- Release-from-jail money
- Waterway between mainland Labrador and Newfoundland island: abbr. + wd. + wd. + wd.
- Linked
- Flight segment
- Pub order
- The end.
- Super-small
- Moved as molasses
- Utmost degree
- Someone sore
- Fashion designer's creation
- '___ whiz!'

- Tractor company, John ___
- '___ Land' (2016)
- Spew as a volcano
- Nova Scotia community near Chedabucto Bay

- Granted via agreement
- Showbiz practice run, briefly
- 'B.' of US President Lyndon B. Johnson's name
- 'La ___' by Ritchie Valens
- Loaf storer

- Dictionary abbr.
- Song-like
- Go by in the parade: 2 wds.
- D-J link
- Brownstone stairway
- Spring flower
- Be dependent
- Toi: English
- Home [abbr.]
- UN wellness agency
- Occupational suffix
- Beach's refreshing wind: 2 wds.
- Regret
- Actor, Billy ___ Williams
- Jam container
- President Trump's techie hobby
- Seasoning in jerk chicken
- Brit. fliers
- Eyeballs
- Figure in enchanted tales, olde-style
- Sundial number
- Family of Archie's comical friend Veronica
- ___ Spirit (Noel Coward play)
- Rose to one's feet
- Indian Ocean arm, ___ Sea
- Espresso style
- Willoway
- Participate
- Pericles, Prince of ___
- Dates not as ancient as BCs
- Edible no longer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today, you have the advantage over all the other signs because the Moon is in your sign. This means you can ask the universe for a favour. (It also makes you more emotional than usual.)

Taurus April 21 - May 21
You will prefer to work alone or behind the scenes today, and that's just fine. You have been so high-viz lately that you need some privacy.

Gemini May 22 - June 21
You will enjoy schmoozing with others today, especially a female acquaintance. You might discuss future travel plans with someone, because you definitely need a change of scenery.

Cancer June 22 - July 23
Private details about your personal life might become public today for some reason. People are talking about you. Let's hope it's good stuff. (Fingers crossed.)

Leo July 24 - Aug. 23
Do something different today, because you are restless and in the mood for a bit of adventure. Obviously, if you can travel somewhere, this will please you.

Virgo Aug. 24 - Sept. 23
Focus on red-tape details regarding inheritances, taxes, debt and shared property. Get information so that you can better handle disputes about these matters.

Libra Sept. 24 - Oct. 23
Because the Moon is opposite your sign today, this means you have to go more than halfway when dealing with others. In two weeks, when the Moon is in your own sign, you have the edge.

Scorpio Oct. 24 - Nov. 22
Do whatever you can to get better organized today, because this will please you. Tidy up messy areas both at home and at work.

Sagittarius Nov. 23 - Dec. 21
This is a playful, flirtatious day for you! Enjoy schmoozing with others. Sports events, fun activities with children and social outings will delight.

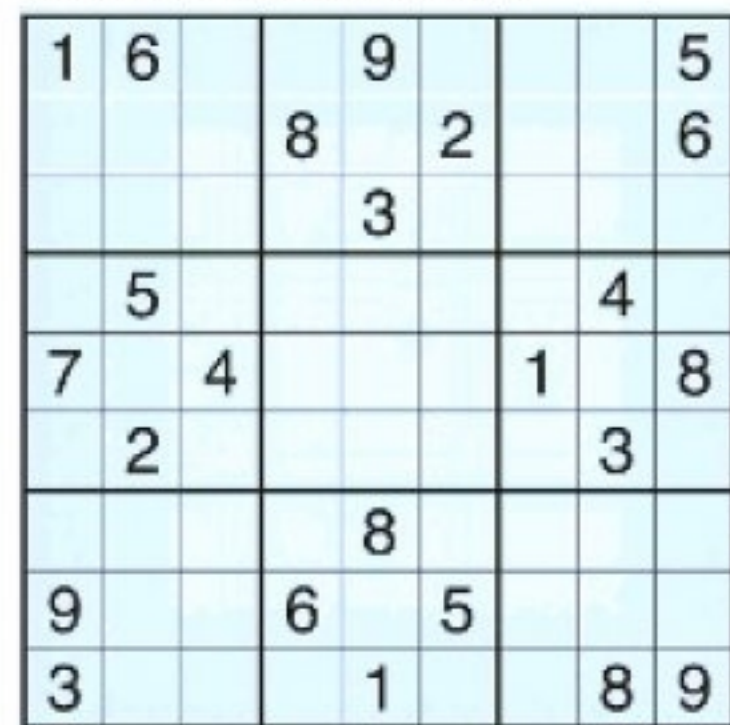
Capricorn Dec. 22 - Jan. 20
Home, family and your personal life are your top priorities today. A conversation with a female relative (Mom?) could be significant.

Aquarius Jan. 21 - Feb. 19
When talking to others today, you want to get down to the nitty-gritty of things. You don't want superficial chitchat about the weather. You also want to express your feelings.

Pisces Feb. 20 - March 20
Money and financial issues are your concerns today. However, be careful if you are shopping, because you might shop according to your wishes, which really are not practical. Keep your receipts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW

•LOCAL NEWS • VIEWS •LIFE • SPORTS

>>>

OFFLINE READING

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games





**NEVER UNDERESTIMATE
THE POWER OF EYE CONTACT**

Make getting noticed a habit.

halifax.ca/headsuphalifax

**HEADS UP
■■■■■■■■
HALIFAX**